

# Human Actions

*This handbook's useful facts about the basic actions humans perform, some intriguing ones, and some new ones will help you live better.*

Life is movement. We perceive it, measure it, and study it, but no one knows scientifically what makes it possible for living beings to move.

A movement is a physical motion between two points, usually in response to a stimulus or a situation.

An action is one or a group of movements an individual performs.

A behavior is a group of actions.

The place where each individual ultimately senses each stimulus and each thought his brain has is called the seat of consciousness; it is also who a person is. No one knows if it is located in the brain, in the spirit, or elsewhere. Most religions say that the brain is not the self, and that sensations and selfhood are conveyed by means of a nonphysical substance, usually called the soul (Kuhn).

After thinking a thought, an individual can choose to transform it into an action, but because it is easier and more comfortable to not move, individuals probably only move to accomplish a goal, to physically or emotionally get something or someone from one point or one state of being to another.

Creation performs a staggering amount of actions that help keep each human being alive and well. Each action is initiated by the subconscious or the conscious brain, the spinal cord, or by another part of the body. And each individual's brain and body perform an immense amount of involuntary actions, and many voluntary actions to keep that individual alive and thriving. The vital actions are predictable and constant, and some are performed continuously or daily.

By necessity, most thoughts and actions are self-interested. Some are conscious, some are subconscious, some are automatic, many are also selfish

but rational; though most of the people who do them will disagree, psychologists know that some actions people perform are irrational and/or illogical. Some actions and activities change, usually slowly. And every so often, a few people start doing a new action.

The actions an individual does not do, abstains from doing, or postpones doing are special.

Almost everyone performs a standard set of actions daily or regularly; and only certain individuals or groups perform certain actions. Some actions are only performed by men or vice-versa; and men perform certain actions more than women, or vice versa.

Adversity and struggle generate progress, and adversity and scarcity are the main sources of conflict. Conflict is normal and can be expected to erupt at any time in perhaps every human relationship. Sometimes, after two or more individuals have engaged in a conflict, they wind up becoming better friends.

Legislators propose and approve laws, and the public is informed that certain laws and actions are illegal. Religions tell their followers which beliefs, thoughts, and actions are good, which are better, which are preferable, and which are bad.

It is crucial to remember that an action one individual believes is good, another individual might be certain is bad, because—based on their values—different individuals judge whether an actions is good, ethical, moral, acceptable, constructive, edifying, perfect and worthy of applause, or negative, bad, unethical, immoral, unacceptable, destructive, to be shunned, or should be punished.

Because it is natural to imitate others, it is best to not mention an action you one does not want others to start doing. “Out of sight, out of mind.” That is why this handbook focuses almost exclusively on actions that are known to promote the common good.

Advertisers and marketers use many clever techniques to get people to do certain actions often and/or regularly. And though not all of the actions or products they promote are sensible, the reason they promote them is to earn a profit.

Society’s five most powerful institutions are religious organizations, governments, the media, businesses, and schools. To accomplish their many extremely ambitious and often far-reaching and bold goals, usually in collusion with all five institutions, the five promote, encourage, and induce a long-established set of actions which they have confirmed benefit them, often greatly; while discouraging and suppressing all actions which threaten to reduce their power and profits or hurt them.

However, to present themselves as being exemplarily good and caring about everyone, the five pretend to encourage everyone to do most of the actions they secretly suppress.

In the books, “Dumbing Down Americans”, Charlotte T. Iserbyt, and in “Dumbing Us Down—The Hidden Curriculum of Compulsory Education”, John Taylor Gatto reveal what few would believe is really going on in our public schools. What they are really doing is systematically suppressing the student’s imagination and creativity to reduce the student’s intelligence. No wonder comedian George Carlin said in one of his skits that the purpose of schools is to produce “obedient workers”. Unlike public schools, private and independent schools provide an excellent education. Charter schools and independent public schools are permitted to design their curriculums as they choose.

Increasingly, the media tells people what to think and how to think about those things, and persuades millions of people to perform certain actions, but not perform others.

To win more control over which actions you perform, ask yourself who or what might be inducing you to perform a specific action, or be suppressing your performing it. If you find either of those situations to be the case, determine when, why, and how you are being manipulated into doing a specific action—or not do it. Then find different ways to protect yourself from being manipulated into performing a specific action. Try each possible solution till you find the one that works. There is an easy way to do a thing, and there is a hard way to do it; instead of “trial and error”, think “trial and success”.

Contrary to what most people believe, almost every new action people start doing does not originate from the bottom up in society. Almost all of the new actions—such as using a mobile device, getting a tattoo, and countless other often questionable, self-damaging, or in other way absurd actions are heavily advertised, promoted, made fashionable, and unfailingly get millions of people to do the things the advertisers want them to do.

Making yourself an example of the changes you want to see in society will only influence a few people. To get millions of people to do something new, corporations and other powerful entities invest millions of dollars. To figure out how much an advertising campaign, or a part of a campaign, will cost, advertisers calculate the “cost per thousand” (CPM).

Knowing how powerful words really are, the ruling elites also pay their think tanks and others to invent clever, catchy new words that make people want to do specific new things, which are often also intended to bring about

profound changes in society. They typically bring about those changes incrementally, and slowly.

Some examples of those types of actions are shaving one's head, getting a tattoo, piercing one's face or body, distrusting and being afraid of others. Conditioning the populace to distrust and even fear others is rampant, and it gets people to interact less with other people so everyone will interact more with and purchase the colossal variety of products and services sold. One key consequence of the COVID-19 pandemic is that it separated and also isolated people from one another.

To get people to do certain things, society's controllers, pay the media to insert those clever, invented words or phrases into society, which may seem innocent but tend to confuse, disturb, and even damage people. They also pay role models to every day act out certain actions on television or in movies to get the public thinking about those words or phrases, doing certain actions, and see things in often profoundly new and different ways. Cigarette smoking is the epitome of an induced action which always injures. In fact, the University of San Francisco Medical Center found a chemical called "cotinine" in the blood of non-smokers who died and published a report stating that smoking kills 42,000 non-smokers each year.

Though every human being looks strikingly similar, older people know that most people think very differently from one another, especially in their core. One key reason is because despite outward appearances, most families can be quite different from one another and raise their children differently. That is one key reason why often, after living together for years, people discover that in their core they and their spouse are fundamentally incompatible.

Individuals perform some actions in public and others in private or secretly. Whatever an action's characteristics, all actions are irreversible—done is done, said is said.

Breathing and thinking make every action possible because we need to breathe to function, and we need to think consciously to perform each conscious action, and we need to think much less about the actions we have made a habit.

One's subconscious mind controls every subconscious action one's brain or body performs—such as controlling one's heart beat rate, digestion, and breathing, even when sleeping.

The actions in the handbook are alphabetized by the action that is the main idea in a subtitle, not by the subtitle's first word. For example, "Being GENEROUS" is

listed under the letter G (not B), and the word GENEROUS is capitalized.

## **GGG**

### **Doing the GARLIC CURE**

After setting their oven at 375 degrees, some people put two cloves of garlic for each person in a pan for 1-hour. The garlic becomes a delicious, thick sweet cream and makes those who eat it feel fully alive, full of energy, and extraordinarily confident.

### **Being GENEROUS**

Though the society we live in (and under) strategically teaches everyone to not be generous to get everyone to buy their own things, except at Christmas time, generosity is innate. God is the most generous being. He gives each one of us a new day of life, plus each little thing we experience, can enjoy, or must deal with. Some people are more generous than others, some are not generous at all; and some work very hard to take things from others—legally or illegally.

### **Wondering What GOD Looks Like**

When attempting to figure out what God might look like, and how He might behave, everyone begins to do that based on how human beings look and act. Though that starting point is understandable, because God is very different from and incalculably superior to us. When asking ourselves what God might look like, and what he might be like, it is best to be completely unbiased and start from a blank.

Though in the Sistine Chapel's ceiling, Michael Angelo depicted God to be a loving father with long gray hair, God might not even have a body, or God's body might not look anything like ours. Of course, it is impossible to see God. Some posit that God is every atom in Creation, but no one knows.

A key factor to take into account when attempting to envision God, is that God most likely never sleeps.  
CONTINUE...

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CCC

### **Feeling CONFIDENT**

Though one can suppose that how confident each individual feels usually fluctuates depending on how well their life is going, in most people one can suppose at least a little, the range of how confident each individual feels is probably stable.

## Letter H

### Feeling HAPPY

Some scholars suspect that the Founding Fathers only sanctioned the right to “pursue happiness”, not to be happy, to keep the populace working and producing goods so business can sell and profit. But what pleasure does pursuing happiness give? That is a good question because it is typical for individuals to want the things they do not have, almost as much as the things they have.

Nonetheless, it is better to eat hot bread than to only remember it or smell it.

### Asking Your SUBCONSCIOUS a Question

Few know that one is able to ask one’s subconscious mind a question merely by thinking of it. Your body will answer you by making you nod or to move your head from left to right. Nodding means yes, moving one’s head from left to right means *no*.

SSS

### Committing a STUPID action

Stupidity is a lack of intelligence and makes an individual perform an action which to varying degrees will hurt the individual performing it, or someone else. It is not clear if every individual who decides to perform a stupid action knows it will hurt others and usually himself, but some suspect that is common.

Some stupidity might be innate, some may be learned or contracted. Some specialists think certain stupid actions are a reactive defense against grief and/or trauma.

The word *stupid* comes from the Latin verb *stupere* (being numb or astonished), is related to *stupor*, and can serve as a noun or adjective. In ancient Rome, the *stupidus* was the professional fall-guy in the theatrical mimes. And an individual who did not participate in politics was called an *idiot*. The words *stupid* and *stupidity* entered the English language in 1541, and along with *fool*, *idiot*, *dumb*, *moron*, and related words that are pejoratives for individuals whose mental incapacity, accidentally or purposefully commit misdeeds. In “The Stupid Man”, attributed to the Greek philosopher Theophrastus (c. 371 – c. 287 BC), he defined stupidity as a “mental slowness in speech or action”. The modern English word *stupid* describes those who think and act slow, have dullness of feeling or sensation, numbness, torpidity, senselessness, insensitivity, or are lacking interest, a point, or a purpose, and might feel bad about that. It implies a congenital lack of capacity for reasoning or an intermittent, temporary (or less frequently) a prolonged state of daze and/or slow-mindedness, and low self-efficacy. In “Understanding Stupidity”, J.F. Welles (2012) wrote that stupidity “may be

used to designate an uninformed and maladaptive deliberate mentality. He distinguished stupidity from ignorance. Some suspect that on some level, and to varying degrees, as foolish as it is, some individuals who commit a stupid action appear to “know they are acting in their own worst interest”.

Surprisingly, it is not unusual for even some who are not visibly or obviously stupid, or not considered to be stupid, to commit a stupid action. Though before, during, or after committing it, some individuals might realize that they will, or committed, a stupid action, it is more common for individuals to strongly refute that an action they committed was stupid. Stupid individuals also tend to strongly refute that they did something stupid, in some people’s opinion in that way only proving that the individual who committed the stupid action is stupid.

One philosopher posits that God created stupid people to make life more difficult for others and for themselves, in order to give people opportunities to solve problems and grow.

Though it is not known why individuals commit stupid actions, most researchers agree that all stupid actions are maladaptive; things said or done in the worst interest of the actor to prevent or make it harder for the actor or for others to adapt to existing circumstances, or to simply execute an action or a series of actions.

Carlo Maria Cipolla considered stupid people a group more powerful than major organizations such as the Mafia or the armed forces, which unlike them, do not have regulations, leaders, or a manifesto, and are disconnected from one another, and wrote “The Basic Laws of Human Stupidity” in 1976.

His five laws of stupidity say that:

- 1) Everyone underestimates the number of humans who are doing stupid things.
- 2) The probability that a person who is stupid, is in fact stupid, is independent of any of their other characteristics.
- 3) It is undeniable that a person committed a stupid action when he or she damages themselves, another person, or a group.
- 4) Non-stupid people always underestimate how much harm a stupid person or stupid people can cause, and they forget that interacting or associating with stupid individuals is an error and can be extremely detrimental.
- 5) A stupid person is the most dangerous type of person. In “Games People Play”, Eric Berne described the game of “Stupid” as having the thesis, “I laugh with you at my own clumsiness and stupidity”. And points out that the stupid

individual has the advantage of lowering other people's expectations, thus evading responsibility and work, but may still come through under pressure, like the proverbially stupid younger son.

Wilfred Bion believed that psychological projection created a barrier against learning a new thing or skill, and was pseudo-stupid. Otto Fenichel maintained that "quite a percentage of so-called feeble-mindedness turns out to be pseudo-debility conditioned by inhibition. Every intellect starts showing weakness(es) when actions work against it". He suggested that "people become stupid ad hoc—when they do not want to understand, where understanding would cause anxiety or feelings of guilt, or endanger" their "(existing) neurotic equilibrium." Doris Lessing argued that "there is no fool like an intellectual ... whose clever stupidity, bred out of a line of logic in his head, had nothing to do with experience". Compared to other forms of humor, humor based on stupidity is prevalent in more complex societies.

Many television shows like "The Simpsons" showcase stupidity, perhaps to role models of stupidity. Goofball comedy refers to a class of naïve, zany humor. "Stupidity" was a 2003 movie directed by Albert Nerenberg, who said the media explores the prospect that willful ignorance has increasingly become a success strategy in politics and entertainment.

## **CCC**

### **COMPARING**

Though it is wise and beneficial to compare people, places, and things, people are comparing products less because people are being dumbed (down). The essence of intelligence is the ability to differentiate (continue)

### **COMPENSATING**

Though everyone compensates, some individuals have a greater need to compensate, and compensate more and more often. [ NICE. ]

## **FFF**

### **Not knowing what to do with one's FREE TIME**

Well aware that most people do not have anything to do with their free time, do not know what to do with it, and might be feeling bad because of that, merchants—some of them well-intentioned, some of them unscrupulous—have created a wide assortment of activities which people can do to use their free time. Most of those activities are paid, some are free.

Most paid activities are—despite all appearances to the contrary—a senseless waste of the participant's time, can consume large swaths of an individual's life, and most

are meant to in reality reduce the intelligence of the participants, in part to make them perform those vices more often.

Among the paid activities are smoking, drinking beer and other alcoholic beverages, overeating, going shopping compulsively, over-consuming, watching television, movies, professional sports; playing video games, table games, or cards; reading newspapers, magazines, or senseless books; surfing the web; and watching pornography. The latest paid activity, which is sending exorbitant profits to the providers, is being addicted to one's mobile device. Depending on what an individual does with a mobile device, and the number of things is enormous, that individual can waste large swaths of time, or improve himself.

Some of the activities people do to occupy their free time, and which edify them include reading a truly good book, studying, stopping to think and analyze things, reflecting, talking with someone (hopefully in-person) to accomplish a worthwhile goal, doing crossword puzzles, writing their journal or diary, or working.

**SSS**

### **Knowing and Applying SCIENTIFIC MANAGEMENT**

Scientific management is arranging things in the most beneficial location and position so one can do things in the most productive order and most productive way. For example, instead of making a separate trip to throw out the garbage, throwing the garbage out when one leaves one's house. There are many things people can start doing at work or at home in an order and in ways that make those actions more productive. But so few people know what scientific management is and do things scientifically. To learn about the scientific management principles Fredrick Taylor invented at the beginning of the 20th century, Google it and start applying some of his principles; you'll be glad you did.

**III**

### **Believing one is IMMORTAL**

Because young people have not experienced aging, most young people believe they will never die, and it doesn't occur to them to take the time to stop and think, in order to realize that the length of each person's life is... limited, and that as each person ages, their body inevitably deteriorates.

### **BREATHING**

Breathing is a two-step cycle and the most basic and first vital action. Fetuses receive oxygen from the air their mother breathes, and they start breathing independently at birth. Breathing must never be interrupted, because if

an individual does not breath, he will die. However, in an emergency, an individual can hold his breath and postpone breathing, but only for a few seconds or minutes.

The diaphragm is a domed muscle located under the lungs, that contracts and makes the lungs expand and makes the respiratory system inhale air. In the second step, the diaphragm expands, making the lungs contract, causing the body to exhale air through the mouth and nose.

### **Asking One's BODY Questions**

Few people know that their body constantly sends them messages, and they also constantly send messages to different parts of their body. "For years, I have been asking my body questions, and have felt my body reply yes or no in a few regular different ways. Tonight, lying in bed, knowing my body is eager to give me the best information, to help me make the best decisions, I asked my body two or three questions and let it tell me yes or no. Tonight, I asked my body, "Should I continue attempting to contact a young lady who was very loving to me? And perhaps for the first time, I felt my shoulders and even my face telling me that my body's answer was "No, yes, maybe."

TTT

### **THINKING**

Thinking is the supreme action. Though brain scanners can see the parts of the brain that process specific types of thoughts, thoughts are invisible.

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Sometimes, by the look on a person's face and the way they move, one can deduce what they are thinking. However, one can never be certain about what one deduced in those situations.

Thought precedes every conscious action. It allows individuals to make sense of, interpret, and model the world they experience, make predictions about it, plan and execute different ways to satisfy their needs, desires, and visions, and achieve their goals. The way a thought leads to another thought, an action leads to another action.

Exercise, audio or video-recording, or writing one's thoughts improve thinking and help people track their or other's thoughts and actions. Computers and other products can aid thought.

The greatest inducers of emotions, thoughts, actions, and progress are adversity and conflict; they also lead to more complex thoughts, learning, growth, living better, and living more intensely.

The best way to interpret a problem is to see it as a challenge and as an opportunity for growth.

Almost every thoughts which someone does not write down or record in some way, is forgotten and vanishes.

Countless things trigger, suppress, or influence feelings, thoughts, actions, and reactions. We usually feel something before we think of it. In other words, many of our thoughts are born as a feeling, an emotion.

Thought and action augmenters, approvers, disapprovers, benders, distorters, blockers, boosters, coaches, critics, detectors, discouragers, encouragers, disseminators, distractors, igniters, increasers, inducers, inhibitors, guides, mappers, processors, promoters, provokers, publishers, punishers, researchers, reducers, rewarders, thought scope expanders, thought suppressors or thought stoppers, exist. Some individuals who do some of those things can be contracted. And some products who facilitate some of those things are sold.

Fear is the greatest suppressor of action and of thought. It can freeze people. We cannot see any thoughts because they occur under the skull, inside the brain. But we can use technology to detect neuron activity, and map part of the brain that are usually active during specific types of feelings, thoughts, or actions. Only the individual who is thinking a specific thought knows he is thinking it.

An unthinkable thought does not exist because for a thought to be unthinkable, someone had to think of it.

## **REWRITE THE REST OF THINKING**

Among the unlimited types of human thoughts and the actions both trigger or suppress, thoughts and actions can be intended to be or interpreted to be many different things, such as, and among countless other characteristics: aggressive, admirable, appropriate, archaic, asexual, baseless, brand new, totally new, caring, censored, clairvoyant, coached, common, concealed, considerate, coordinated, copied, defensive, disclosed, disliked, emotion-based, encouraged, exemplary, fantasy-based, impractical, fact-based, flirtatious, foolish, friendly, funny,

good or bad, gracious, guided, guttural, hateful, hidden, idiotic, independent, induced, instinctive, intuitive, lovely, loving, original, fashionable, new, novel, old, perfect, platonic, practical, pragmatic, reactive, reality-based, scientific, serious, stupid, superstitious, suppressed, realistic; system(-defying; -supporting; -questioning), taboo, uncensored, uncommon, unneeded, unprecedented, unrealistic, unwelcomed, welcomed.

Though animals also think, they do not think as deep or as complex thoughts as humans do. The human ability to express a thought with exactitude by means of spoken or written words lets humans communicate in ways no other species is able to.

Human interactions, random events, and other things often turn out to be springboards for thoughts one would have never thought.

## **Reacting**

This action is usually performed responding to an action that has taken place seconds ago. And many actions are actually reactions.

## **Using one's SUBCONSCIOUS mind**

No one is conscious about what their subconscious mind thinks, does, and orders their brain and body to do. The subconscious mind is always only in the present. It initiates all of an individual's instinctive behaviors, regulates every bodily function the conscious mind does not (such as heartbeat, digestion), it generates emotions and the things we feel based on thoughts, and initiates some physical actions or reactions in response to the individual's perceptions.

The conscious mind is only active when the individual is awake. It processes short term memories (which last about 20-seconds) combined with other memories stored in the brain, it can multi-tasks about one to three actions or activities at a time well, and processes about 40-bits of information per-second.

The subconscious mind is on a different level because on average it processes 4-million bits per of data second. Yes, 4-million! It has very different characteristics, and it performs a very different set of tasks, including an individual's habitual actions and activities, heart rate, breathing, digestion, and learned body movements. It also never sleeps, and only stops working when the individual dies.

## **Believing human beings are INCOMPLETE**

Believing constitutes an action. Though the belief that human beings are incomplete is false, the media promulgates it profusely to trick everyone into buying things they do not need, and buying more of them than they need.

### **Believing PRESCRIPTION DRUGS Increase Health**

Though that belief is false, it is common because certain corporations pay the media to spread the belief that human beings are inherently sick and can only save themselves from that condition by buying and taking prescription drugs and other medicines. And it does so so adroitly that that belief is part of the modern reality, which is a distortion of the original reality. BACK TO EDEN.

### **Believing [ a specific belief HERE ]**

People believe so many different things. The quantity is massive and uncountable. This section of this handbook describes some of the most common beliefs people have. A belief, one man said, is a thought to which emotion has been added.

### **Not Knowing Humans Are Structurally and Functionally Perfect**

CMF's text here.

### **Not Realizing That Creation is Perfect**

CMF's text here.

### **Correctly Appreciating (People, Places, and) Things**

Swamped with work, seeking with every heartbeat to be love and love, and going out of their way to move up and be able to enjoy more of life's pleasures and enjoy them more fully, but controlled like drones by the media, their cell phones, and other things, most people are so distracted that they do not appreciate the abundant, wonderful, and priceless things they have—starting with their body and brain—and have made taking things for granted the norm.

To get everyone to buy more things than they already have, and many things they do not need, everyone is conditioned in various ways to not correctly appreciate what they have.

The core purpose of that key part of the distortion of reality, not appreciating what one has, is to make people—despite having so much—feel unhappy so they will rush to the stores believing that the things they buy will make them happy. Things do make people happy, but for a limited, often short, time.

To start appreciating each person, place, and thing correctly, imagine how you would feel if you lost a thing and could never get it back **or replace it**.

## **Calculating an action-to-benefit ratio**

This action reveals how beneficial performing or not performing a specific action is likely to be. For example: “How much will doing twenty-five sit-ups help you improve your health?”

## **Calculating a Thought-to-Benefit Ratio**

This action tells you how beneficial thinking or not thinking a specific thought is likely to be. For example: If you do not think about a specific person, will you forget that person.

## **Calculating the Risk Ratio**

The risk ratio establishes how risky an action is likely to be by comparing the likely consequences of taking a specific risk, to the consequences of not taking it.

## **Calculating an Action-to-Loss ratio**

This action calculates what an individual might lose by performing or not performing a specific action.

## **Calculating a Thought-to-Loss Ratio**

This action calculates what an individual might lose by thinking or not thinking about a specific person, place, or thing. For example, what will happen to your posture if you think or do not think about standing straight (erect). If you do not think about it, you will not remember to stand straight. “Out of sight, out of mind.” To remember to think about something, put *Post-it* notes with the specific words or ideas, around you.

## **Articulating**

Articulating is a non-visible, but indispensable part of thinking, speaking, and writing. We do it even when we only articulate our thoughts to ourselves. That is called self-talking.

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## **Dropping Things**

Some people almost never drop things, some people drop things (as some say) all the time. And few people realize that though—except when fruit falls from a tree, or when

something breaks due to extreme weight or other pressure and causes something to fall—it is impossible for an inanimate thing to fall or move by itself. Nonetheless, it's common for an individual who dropped something to say, "Oops. It fell!" That is not the case, that is not true, because willingly or unwillingly only a human being or an animal or a machine can let go of something he, she, or it is holding, causing it to fall. The responsible thing to say when something one is holding falls, is "I dropped it".

There are many reasons individuals let things fall, and they do so consciously or unconsciously, voluntarily or involuntarily. One reason an individual might have let something he was holding or carrying fall, is that even a faint sound can cause a person to—unintentionally or even unwillingly—automatically drop something they were holding, because that sound caused their body to automatically shift its attention to the sound in order to determine where that sound came from, if it is a threat, and if it is, how urgent and how severe the threat is, so their hands will be free to protect or defend themselves.

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### **Foreseeing ( / Preseeing? ) an Outcome**

Because getting people to foresee an outcome gets them to do what someone else wants them to do, such as buying a product—foreseeing an outcome is a standard sales technique.

### **Eliminating Human Errors**

Though errors cause pain and can lead to a series of other problems, using the scientific method it is often easy to find ways to prevent a specific error from recurring to live error-free and perfectly.

There are corporations that help companies prevent errors, but because errors are profitable, error prevention is hidden from the public so everyone will continue making errors and make more of them, because the more errors people make, the more things people have to go buy to fix the things they damaged or broke—including themselves.

### **Living Error-Free**

It is possible and often easy to live without committing even one error. To accomplish that (highly desirable feat), identify an error you or someone committed, and study it, deconstruct it, determine why it happened, then find

fool-proof ways to prevent it. Shop for a device that prevents that error from occurring, buy it and install it. If it does not exist, people need such a device to be invented and built.

### **Preventing Every Error**

It is possible to prevent perhaps every error from recurring, by identifying the feelings the individual who committed the error was feeling, what they were thinking, and which words they used around the time they committed that error because those things likely contributed to their committing that error. It is also helpful to find out and write down what expectations, what calculations, and what actions that individual performed. Which structures, mechanisms, situations, and other conditions—such as the environment, how much space they had to maneuver, the lighting, and the temperature—because those factors could have contributed to that error occurring. The next step is to shop for a device that prevents that error from occurring, if it is sold, buy it and install it. If it does not exist, try to invent it and build it; or get someone to do that.

### **Repeating an Error**

Around the world, repeating an error (called *error repetition*) is more common than it **could be, and should be**, because one can find ways to prevent almost any error from recurring. Individuals who have a physical, mental, or health problem commit and repeat more errors, more often. Though physical challenges are generally visible, whether or not an individual has a mental challenge is often debatable. Anyone can prevent themselves or someone else from repeating an error, by studying it, and finding ways to stop themselves, someone else, or thing from allowing an error to recur periodically or repeatedly.

### **Anticipating Errors**

It is possible to anticipate how and why an error could occur, or occurred. When error prevention mechanisms are installed, and when certain error preventing procedures are practiced, the likelihood of an error occurring is minimized or eliminated.

### **Flirting**

Everyone enjoys having someone who appeals to them flirt with them. Individuals can flirt by merely saying a word or saying it in a special way, or by performing a flirtatious action. Everyone welcomes flirting because it can lead to dating, harmony, love, an intimate relationship, courtship, sex, marriage, and other pleasures. Of course, those wonderful things can sometimes also lead to surprises, or to disappointments.

### **Being a Glutton**

It seems that food manufacturers and retailers pay the media to not mention the word *glutton*, because if people heard it more often, people would start using the word *glutton* and that would cause people to start eating less.

The number of overweight and obese Americans is staggering. More than 60% of all adults are considered to be overweight or obese, and 1 in 13 are considered to be extremely obese. Overeating is common in some nations; in Japan it's rare.

### **Going to Bed Early**

Aristotle said, "It's best to be up before daybreak; that is one of the best habits because it contributes to health, wealth, and wisdom." Benjamin Franklin perfected the idea by saying, "Early to bed, early to rise, makes a man (a person) healthy, wealthy, and wise."

Though relatively few people apply that excellent advice, society encourages everyone to go to bed late, because the later people end their day, the more tired they are, the more junk food they wind up eating, and the more stupid things they do, such as smoking and drinking. To comprehend that better, imagine someone doing under the sun, a foolish thing people usually only do at night.

### **Fore-feeling or Pre-feeling**

Those two actions are extremely common and very helpful.

### **Supporting Zero Population Growth (ZPG) – This movement...**

[ *Where can I say this: "Cells never commit errors."* Taking a perfect shit daily is the key to health, and to enjoying everything God gives us.]

[ ]

### **Foreseeing consequences**

Though marketers, corporations, governments, religions, and other groups or individuals know that not foreseeing the likely consequences of a specific action or a set of actions, can harm or kill an individual who does not know how to foresee consequences, they bury even the notion of foreseeing consequences so people will do the foolish

things they need them to do to take advantage of them and defraud them.

For example, though sex can result in a pregnancy, which if unwanted, can lead to an embryocide or a fetuscide (misnamed “abortion”), and though everyone knows sex can result in a pregnancy, many forget those things, or lose control, and wind up creating a new life, usually ruining their life and the lives of other people by increasing the number of unplanned for human beings.

The five institutions which control society prevent the masses from knowing it is possible to foresee consequences, so they can sell people more things they do not need. [ ADEQUATELY ARTICULATED, and improved by editing it 16 Jan ]

### **Burping**

When the body digests food, it seems most foods release some gas. The gases rise and the throat and mouth expel them.

Formally called eructation, and colloquially called burping, this very common action is sometimes included under the topic of flatulence. The volume and frequency of burping vary greatly among individuals. Its sounds and smells can cause embarrassment or annoyance, or make people laugh.

***EDITED TILL HERE***

**2020 JAN**

**20**

### **Farting**

Some of the gasses the body separates from food during digestion rise then or later and are blown out by the throat and mouth; some are carried down by the food and the anus blows them out. Most people might fart about 20-times daily. Older people might fart more. Men fart more than women.

Eating Rice and Beans –

Drinking Milk

Eating Meat

Eating Vegetables

Eating Fruits

## **Combining foods correctly**

Any

## **Postponing doing an action**

Anything can be, and at different times and in different places, and for different reasons, most likely, different individuals have postponed doing almost every type of action. Humans postpone performing an action because something or someone is blocking them from performing it, or because, among other reasons, it would be inconvenient, detrimental, dangerous, more advantageous, or more pleasurable to perform that action at a specific time.

## **Gossiping**

Women gossip more than men.

## **Defecating**

This vital action expels the toxins and the parts of foods the body does not need. We need to and can shit two or three times a day (Group, 2007).

## **Spitting**

afaljfajflajflajfasdjflsad

## **Sleeping**

This unavoidable and unsubstitutable vital action must be performed once at some time during each twenty-four hours for the body and conscious brain to rest and restore them. Because the subconscious part of the brain controls all the body's vital processes and functions—including breathing, heartbeat, blood circulation, digestion and elimination—it never rests, takes a break, or sleeps.

## **Copulating**

This is the most powerful non-vital action because it lets a man and a woman create a new life. SCHOPENHAUER

Because governments need new generations of citizens who will grow up to be consumers, taxpayers, professionals, workers, soldiers, and other types of professionals, they indirectly encourage people to procreate. Because it lets religious organizations control their followers on one of the deepest levels, some religions call copulating before marriage *fornication*, and outside of a marriage, adultery, and discourage both actions, but encourage married couples to procreate. Because if a teacher got into a romantic or sexual relationship with a student

would give that student higher or in other ways distorted grades, schools forbid teachers from those types or relationships. Corporations forbid romantic relationships and ask workers to report ~~any instance of~~ sexual harassment, because ~~any time~~ after two workers become romantically involved work stops being their top priority. In different nations and in different cultures and subcultures, people interpret sexual activities differently.

### **Inventing words**

interpret sexual activities differently.

### **Reading**

interpret sexual activities differently.

### **Writing**

The approximately 46,000 professional writers and authors in the U.S. are 0.014 percent of the population.

### **Studying**

interpret sexual activities differently.

### **Attending college**

interpret sexual activities differently.

### **Winking**

A wink or one-eyed blink is one of the most distinctively human behaviors. It can be friendly, conspiratorial, flirtatious, lecherous, sinister, or have any number of intentions ~~or meanings~~. but usually means that the person who winked likes the person they winked at, and ~~that he or she~~ trusts them enough to momentarily close one ~~of his~~ eyes eye to communicate ~~some~~ a nonverbal message. What that message is is not always clear, because a wink can be ~~some~~ people, no matter how hard they try, just can't wink. It is impossible to know how someone will interpret a wink. [ perfect last sentence. ]

## **Frowning**

interpret sexual activities differently.

## **Snarling**

interpret sexual activities differently.

## **Wincing - ?muestra de dolor o vergüenza**

## **Sneezing**

interpret sexual activities differently.

## **Hiccupping - *Curious Behavior: Yawning, Laughing, Hiccupping, and Beyond,***

## **Loving**

interpret sexual activities differently.

## **Hating**

interpret sexual activities differently.

## **Obeying**

interpret sexual activities differently.

## **Smirking**

Subtly different types of smirks express very positive or very negative, or other, feelings.

## **Killing**

Every day, in most cities and towns around the world, for different reasons, some human being kills another human being. Though the purpose of war is to kill the enemies of the state, usually other soldiers, outside a war, ending someone's life is called a homicide, a murder, or manslaughter, and are actions the state sanctions by sending convicted killers to jail, by electrocuting them, or by killing them with a lethal injection.

[ that description works ]

WIKI says:

**Homicide** is the act of one [human](#) killing another.<sup>[1]</sup> A homicide requires only a [volitional](#) act by another person that results in death, and thus a homicide may result from accidental, reckless, or negligent acts even if there is no intent to cause harm.<sup>[2]</sup> [Homicides](#) can be divided into many overlapping legal categories, including [murder](#), [manslaughter](#), [justifiable homicide](#), killing in [war](#) (either following the [laws of war](#) or as a [war crime](#)), [euthanasia](#), and [capital punishment](#), depending on the circumstances of the death. These different types of homicides are often treated very differently in human [societies](#); some are

considered crimes, while others are permitted or even ordered by the legal system.

**Murder** is the unlawful killing of another human without justification or plausible/moral intent, especially the unlawful killing of another human with malice aforethought.<sup>[1][2][3]</sup> This state of mind may, depending upon the jurisdiction, distinguish murder from other forms of unlawful homicide, such as manslaughter. Manslaughter is killing committed in the absence of malice, brought about by reasonable provocation, or diminished capacity. Involuntary manslaughter, where it is recognized, is a killing that lacks all but the most attenuated guilty intent, recklessness.

Most societies consider murder to be an extremely serious crime, and thus that a person convicted of murder should receive harsh punishments for the purposes of retribution, deterrence, rehabilitation, or incapacitation. In most countries, a person convicted of murder generally faces a long-term prison sentence, a life sentence, and even a death penalty may be imposed.<sup>[4]</sup>

**Manslaughter** is a common law legal term for homicide considered by law as less culpable than murder. The distinction between murder and manslaughter is sometimes said to have first been made by the ancient Athenian lawmaker Draco in the 7th century BC.<sup>[1]</sup>

The definition of manslaughter differs among legal jurisdictions.

[ APRECIA LO QUE TIENES.

Me acaba de decir, mi cerebro. ]

**Loving**

interpret sexual activities differently.

**Being Loved** interpret sexual activities differently.

**Hating** -

**Appreciating** -

**Dating**

Dating gets people to call that very special person on the phone, eating out together and having fun. Though most

religions decry sex before marriage as being immoral, sometimes on their first date, or after a number of successful dates, many people tend to copulate as soon as the woman says yes. Repeated sexual intercourse can make the couple want to get married, or to intentionally or not reproduce themselves before getting married. Though some marriages last a lifetime, some statistics show that most do not, and that after about two-years, many couples can start disagreeing—sometimes strongly—about certain things, which may lead to a separation or a divorce. And that might result in going to Family Court to fight for custody of their child or children.

### **Body piercing**

This unique modern behavior might be a strategy the ruling elites employ to let the members of society who choose to decorate their face or body by making a hole somewhere in it, to show others how artistic, and perhaps intelligent, the person who paid someone to pierce their face or body is.

Body-piercing is a drastic, questionable way that gives young people a way to in a clear to see way differentiate and separate themselves from older people, especially their parents. How is body-piercing, correlated to social class, intelligence, education, careers, and income. Different people have different opinions about which correlations exist.

**Believing God exists** - Gets

**Believing God does not exist** - . s

**Chewing gum** -

**Smoking cigarettes** -

**Being clean** -

Not being clean -

**Ingesting aspartame** - Aspartame is an artificial sweetener that is 200-times sweeter than sugar, but few know that it is made from the excrement of laboratory-created E. coli bacteria. Thus tremendously profitable to use to sweeten drinks. The challenge is that it is an excitotoxin, and causes...

**Drinking coffee** – Coffee is a drug, some suspect that society's controllers built "Starbucks" cafes, the world's largest coffeehouse chain, everywhere to get as many people as possible to buy coffee and become addicted to it. Studies also indicate that coffee does this and that to those who drink it...

**Drinking soda** - Most sodas are sweetened with aspartame and have coffee added to them.

**Drinking alcoholic beverages** – This action is so common that long ago “drinking” came to mean, or to get people to drink alcoholic beverages may have been made to mean, “drinking alcoholic beverages”.

**Undersleeping**

**Oversleeping**

**Going to Bed Early** -

**Getting Up Late** -

**Going to Bed Late** -

**Staying Up Late** – Society’s controllers actively encourage staying up late because at night people are tired and at night it’s easier to get people to more easily do the *stupidest* things and do them more often and regularly.

**movie watching** is the perfect way to brainwash a person. In a movie house, the subjects are confined, arrested?

Using drugs

Community Policing ???

reading The Bible – Encouraged by religious organizations and others.

Complaining – An elaborate system

not considering others

confusion – keeps the taxpayers powerless

corruption

courtship

**Listening to one's body**

The notion of doing that is new, but a great thing to do because the body knows many things we do not, and always knows better. If the body thinks is debatable, so the part of us who knows better and communicates with us indirectly is our subconscious mind. The more one listens and develops a relationship with the part of oneself which is almost always telling us things, the clearer and easier to comprehend its messages become.

**Being creative**

Suppressed in public schools and at most businesses, but encouraged elsewhere, along with inventiveness it is the backbone of progress.

**Using credit cards**

Consumers buy more because it is easier to pay for items, and since they do not need to count the dollar bills, they become detached from the real expense

### **Thinking critically**

#### **Criticizing others**

Some people like to be criticized, some do not.

#### **Criticizing oneself**

#### **Cultivating ignorance**

This is generally done by governments and corporations, because the more ignorant a follower is, the less he or she knows, the easier that individual is to manipulate, convince to obey, and steer. Individuals also cultivate the ignorance of others.

#### **Staying ignorant**

As detrimental as being ignorant is, it seems most people are too ignorant to do anything to shed their ignorance, and wind up staying ignorant.

#### **Not wanting to know**

Incredibly, some people prefer to not even hear about certain things.

### **Sexual deviancy — confuses everyone**

#### **Dating**

Dating gets people spending money, getting to know the object of their desire, liking them more, getting into the habit of seeing and speaking to them, bonding with them and copulating. Eventually marrying that special person, then buying things to furnish their new home, having children and buying more diapers than the couple expected to, and paying taxes on everything. The last reason may be why governments, because—as some speculate—legislators leaders tax revenues

### **Criminal abortion (embryocide; fetuscide) [1]**

#### **PREVENTING ACCIDENTS (SEE**

#### **METHODICALLY PREVENTING ACCIDENTS**

#### **Being accountable [3]**

#### **Acting incrementally**

#### **Accidents waiting to happen**

## **Accumulating**

**knowledge.**

**money**

acting. Acting is the art or practice of representing a character on a stage or before cameras. It can also mean simply performing an action or faking it. The System encourages acting first meaning.

rationally

emotionally (Irrationally)

## **Listening Actively**

Being altruistic

Getting angry

Management

Suppressing

## **Applauding**

## **Apologizing**

## **Appreciating Life Correctly**

## **Arresting Development**

Being arrogant

Thinking one is better than others

## **Articulating**

**Complaints**

## **Desires**

## **Discomforts**

**Emotions**

**Fears**

**Hopes**

**Imaginings**

Mistreatments. Mi

## **Mistreating**

**others**

**oneself**

**loved ones**

Goals

Problems

Thoughts

Visions

I JUST NOTICE ( now see ) DID NOT TRIPPEL THE LETTER IN  
THE ABOVE LETTERED SECTIONS

# AAA

**Artificially Creating Scarcity .**

**Asking Questions**

Aspartame

**Giving attention**

**Asking for attention**

**Demanding attention**

**Denying attention**

**Depriving someone of attention**

**Audio Journaling**

**Audio-recording instead of writing**

**Being Autonomous**

# BBB

**Being aware of one's Subconscious Mind**

**Baiting and switching**

People file consumer lawsuits against those who commit that perhaps unstoppable crime.

**Maintaining a Balance**

**Behaving Appropriately**

The main reason individuals and workers in many institutions behave appropriately, sometimes as if they were machines, is because if they did everything they wanted to do at school or work for example, they would be transferred or fired.

**deviously**

**disruptively**

**negatively**

**positively**

**professionally**

unprofessionally

Being happy all the time

### **Being Benevolent**

Being Bicultural

### **Piercing One's Body**

Bonding WITH WHO, HOW ?

Boxing

Wrestling

### **Fighting**

Contrary to what it seems almost every man in our societies has been conditioned by the movies and other insidious influences, it is not necessary for men to fight physically to resolve any difference of opinion. They can just as easily resolve their differences by communicating, if necessary with the help of an arbitrator or other professional or unbiased, neutral individual, who can guide them to agree to disagree.

### **Boycotting**

How some underdogs would benefit and perhaps change society at least a little if they realized the tremendous power of boycotting.

Brainstorming

Brainwashing

Breaks, Taking Regular

Eating breakfast,

Love

### **Practicing Brotherly Love**

Erotic, etc., etc, list the many main types

### **Bullying**

### **Eating Butter**

# CCC

### **Calculating Outcomes**

Calm

Capitalism

Being car crazy

Participating in the car culture

Caring for oneself

Caring for others

Censoring

Being certain

Changing one's mental state

Changing one's physical state

Charting thoughts

Chewing gum

Clairvoyance

Clarity

Cleanliness

Clicking

Cloning

Coherence

Collaborating

Colon cleansing

Comedy

Commodities (products)

Communicating

    facially

    verbally

    nonverbally

Community Policing

Comparing Products

Compartmentalizing Information

Being Compassionate,

Being competent

Being incompetent

Competing

Compiling vocabularies

    of Individuals or Groups

Complaining - to a higher authority

Complying

Speaking loud and clear -

**Speaking publicly –**

**Communicating concisely -**

written

**Confusing others –**

**Confusing oneself - ha ha ha !!!**

Congruence

Consciously Communicating

nonverbally

Verbally

Consequence(s)

Analyzing

Being Aware of the

Considering

Probable

Being considerate

Considering others

Being consistent

Considering opposites

to comprehend

Eating constipating Foods

Consumer

dissatisfaction

satisfaction

Contemplating

Contentment

Contending

Contraceptives

Controlling

frequency

size

quality

quantity

Popularity

**Cooking at home (one's (own) meals)**

**Making correct decisions**

Correct Posture  
Correlation Detection  
Corrupting  
Cosmetics  
Courting  
Creative  
Thinking  
Writing  
Creating  
Critical Thinking  
Criticizing  
constructively  
destructively  
Customer Service

## DDD

Dancing  
social  
Daring to Dream  
Dating  
Debunking  
Deceiving  
oneself  
others  
Deductive reasoning  
Defaming others  
Deference  
Demanding the impossible  
Denying (denial)  
Depending on  
physicians  
medications  
prescription drugs  
health aid products  
pills  
media  
excessive food

junk foods

news

information

entertainment

music

images

words

Depopulating

**Desensitizing -**

Being desensitized –

Sensibility training –

Detecting an (opportunity for love or sex ) attraction -

emotion

false statement / lie

Indifference

Intention

Pattern

Rejection

Detoxifying oneself (self-detoxification)

Being devious (how?) -

Dieting

Diet food and drink consumption

Differentiating

Difficult person (being a)

Diminution

Diplomacy

Personal

Disciplining

employees

children

oneself

students

subordinates

Discriminating against members of other

ages

appearance

body odor

dress  
ethnicities  
eye color  
height  
nationalities  
races  
skin color  
weight

Disease  
Dishonesty  
Disinforming  
**Disobeying (who, how?) -**  
**Disrespecting (who, how?) -**

oneself  
others  
Being disruptive  
Leading disruptively  
Feeling dissatisfied  
**Feeling satisfied**  
**Disseminating facts**  
**Disseminating lies**  
**Disturbing others**  
**Supporting diversity**  
**Documenting one's bowel movements**  
**Donating money**  
**Drawing**  
**Painting**  
**Sculpting**  
**Creating**  
**Imagining**  
**Envisioning**  
**Foreseeing outcomes -**

**Drinking Bottled Water**  
Bottled

Distilled

Public

## Drinking

beer

liquor

power drinks

So-called power drinks are \_\_\_\_\_.

soda

## Drinking Fluoridated Public Water

## Driving

## Driving While Intoxicated (DWI)

## Dropping Out of School

## Dropping Out of Society

# Turn on, tune in, drop out

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For the album by Timothy Leary, see [Turn On, Tune In, Drop Out \(album\)](#). For the single by Freak Power, see [Turn On, Tune In, Cop Out](#).

"Turn on, tune in, drop out" is a [counterculture-era](#) phrase popularized by [Timothy Leary](#) in 1966. In 1967, Leary spoke at the [Human Be-In](#), a gathering of 30,000 [hippies](#) in [Golden Gate Park](#) in [San Francisco](#) and phrased the famous words, "Turn on, tune in, drop out". It was also the title of his [spoken word album](#) recorded in 1966. On this lengthy album, Leary can be heard speaking in a monotone soft voice on his views about the world and humanity, describing nature, Indian symbols, "the meaning of inner life", the [LSD](#) experience, peace, and many other issues.

In a 1988 interview with [Neil Strauss](#), Leary said the slogan was "given to him" by [Marshall McLuhan](#) during a lunch in New York City. Leary added McLuhan "was very much-interested in ideas and marketing, and he started singing something like, 'Psychedelics hit the spot / Five hundred micrograms, that's a lot,' to the tune of a [Pepsi](#) commercial of the time. Then he started going, 'Tune in,

turn on, and drop out."<sup>[1]</sup> The phrase was used by Leary in a speech he delivered at the opening of a [press conference](#) in [New York city](#) on September 19, 1966. It urged people to embrace cultural changes through the use of [psychedelics](#) by detaching from the existing conventions and hierarchies in society. It was also the motto of his [League for Spiritual Discovery](#).<sup>[2]</sup>

In his speech, Leary said:

Like every great religion, we seek to find the divinity within and to express this revelation in a life of glorification and the worship of God. These ancient goals we define in the metaphor of the present—turn on, tune in, drop out.<sup>[3]</sup>

Leary explains in his 1983 autobiography [Flashbacks](#):

"Turn on" meant go within to activate your neural and genetic equipment. Become sensitive to the many and various levels of consciousness and the specific triggers engaging them. Drugs were one way to accomplish this end. "Tune in" meant interact harmoniously with the world around you—externalize, materialize, express your new internal perspectives. "Drop out" suggested an active, selective, graceful process of detachment from involuntary or unconscious commitments. "Drop Out" meant self-reliance, a discovery of one's singularity, a commitment to mobility, choice, and change. Unhappily, my explanations of this sequence of personal development are often misinterpreted to mean "Get stoned and abandon all constructive activity".<sup>[4]</sup>

*Turn on, tune in, drop out* is also the title of a book ([ISBN 1-57951-009-4](#)) of essays by Timothy Leary, covering topics ranging from [religion](#), [education](#), and [politics](#) to [Aldous Huxley](#), [neurology](#), and [psychedelic drugs](#).

In 1967, Leary (during the salon known as the [Houseboat Summit](#)) announced his agreement with a new ordering of the phrase as he said, "I would agree to change the slogan to 'Drop out. Turn on. Drop in.'"<sup>[5]</sup>

During his last decade, Leary proclaimed the "PC is the LSD of the 1990s" and re-worked the phrase into "turn on, boot up, jack in" to suggest joining the [cyberdelic](#) counterculture.<sup>[6]</sup>

# Contents

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## In popular culture

The phrase has been referenced across different mediums of entertainment, including but not limited to the following examples.

### Music

The lyrics, "Turn on, tune in, drop out" are included verbatim in several songs.

- Psychedelic rock band [Strawberry Alarm Clock](#) parodies the quote in their 1967 song "[Incense and Peppermints](#)", singing "Turn on, tune in, turn your eyes around" in one of the lines.
- [Gil Scott-Heron](#) criticized the concept in his 1970 poem and song [The Revolution Will Not Be Televised](#), with the line "You will not be able to plug in, turn on and [cop-out](#)".

### Drugs

over-the-counter

prescription

psychotropic

**THIS IS AS FAR AS I GOT, 2020 dec 18**

**Being a slacker**

**Being an overachiever**

**Committing duplicity**

**Dumbing (Down)**

# EEE

Eating easily digestible foods

Eating three meals daily

Edifying Oneself

Edifying Others

E-Cigarettes

Egocentrism

Egoism

Emotional Intelligence

Emotional Health

Emotions, Feeling

Emphasizing

Commonalities

Differences

Enlisting in the Armed Forces

Enthusiasm

Enunciating

Error(s)

Error Identification

Error Repetition

Escalating

Conflict – I created a Text Edit file and also emailed myself Wikipedia's entry on

Conflict (process).

Remembering

Forgetting

Forgiving

Having a chip on one's shoulder

Feeling Inferior

Being ethical

Practicing Eugenics

Evaluating

Exalting

Excellence

Excitotoxins

## **Excuses, No**

### **Performing a foolish action**

People are fucking stupid and commit stupid, foolish actions regularly. [ I wrote spontaneously and will delete the expletives ]

### **Performing perfect actions**

## **Executive Summaries = what about them?**

### **Exercising**

Though it is crucial to regularly exercise one's body, most people do not do so, or do not exercise sufficiently to stay in good health, be happily, and live long.

### **Expecting to die at the local life expectancy limit**

Though human beings live to the age of 100 or more in some parts of the world, those who benefit from people dying have tricked everyone to think they are supposed to die around the local life expectancy age.

## **Expanding One's Vocabulary**

Word wealth.

### **Exploiting others**

This fucking action is so fucking common.

## **Elevating one's expectations**

### **Positive**

### **Being realistic**

### **Being unrealistic**

### **Expecting the best**

Optimists ...

### **Expecting the worst**

Pessimists...

## **Extending one's childhood oneself**

Good move.

### **Committing extortion**

Hum.

### **Being extroverted**

Okay.

### **Sensing an ESP**

Good action.

### **Extricating words from one's vocabulary**

Few people know one can do this, and how beneficial it can be.

### **Making eye contact**

In nations or smaller places, people make more eye contact, and may do so for longer periods of time.

FFF

### **Interacting face-to-face**

Covid has reduced how frequently people do this.

### **Reading Facts labels**

### **Smoking FUCKING Cigarettes**

### **Processed Food Content**

### **Products**

#### **Restaurant Food Content**

#### **Other Things**

### **Being fair**

### **Being unfair**

### **Lying (making a false statement)**

Lies and tricks are a key and inevitable part of all human relationships—especially friendship, romance, commerce, and politics. It seems the stakes are higher there. Every individual who lies, lies intentionally, and they usually lie to get someone to do something, or to stop someone from doing something. Lies can be big or small, and range from being inconsequential to life changing.

A very common type of lie, and one people most likely do more often, is withholding a fact. Another way of lying is by exaggerating, and it is so common, people just accept it as a normal part of life.

It would be great if there was a way or a device that could reliably detect lies, but they do not exist. The problem is compounded because more often than not it is

impossible to ascertain whether something someone said or wrote is true or false.

The instant someone confirms that the other person lied to them, trust is broken, and can rarely be restored.

Deception is so common and widespread that everyone, even those who tell a truth, may risk being suspected of lying.

It is also possible to lie nonverbally by the way one stands, by making (or not making) a facial expression, by making some type of movement, or by, for example, wearing a uniform that does not belong to the person wearing it.

### **Wanting to Be Famous**

**Fantasizing**

**Daydreaming**

**Following Fashions**

**Making a Fashion Statement**

**Eating Fast Food**

**Eating Junk Food**

**Fasting**

That action is more beneficial than most people know. In fact, some doctors fast often and recommend it highly.

### **Practicing Favoritism**

Being partial is very common because people do not hesitate and can even be expected to use any and all the power their position, their job, affords them.

**Feeling Afraid**

What or who caused individuals to be afraid?

**Feeling Fearless**

It's great to not feel afraid.

**Fear Mongering**

**Whore Mongering**

**Freewriting**

**Writing Fiction**

**Flaunting ( WHAT? )**

**Using Flow Charts**

**Being in the State of Flow**

**Focusing**

( ON ? — or in general ? )

**Eating Easy-to-Digest Foods**

Few eat easy-to-digest foods because they do not stop to think what their body must do with the foods they eat. The few people who eat easy-to-digest foods, or only those foods, do so because they have made themselves aware of how beneficial it is ,,,, and how harmful it is to eat foods that are difficult to digest.

### **Eating Difficult-to-Digest Foods**

That is so common

For-Profit

Education

Law Enforcement

Media

Medicine

Psychotherapy

### **Foreseeing Consequences**

### **Foreseeing Outcomes**

Impossible

Possible

Probable

Unexpected

Worse

Forgiving

(Others, and also oneself)

### **Using Formal Language**

Fornicating

Committing Fraud

Practicing Free Speech

Free Writing

### **Being Friendly**

I will also mention being unfriendly, here.

Friendship

Frivolous Lawsuits

Being Frugal

### **Having Fun**

# GGG

### **Being Generous**

## **Genetic Hierarchy**

**Glorifying Things**

**Setting Goals**

**Short term, medium term, long term,**

**Being Aware that Goal Conflicts Exist**

Career

Life

Personal

Relationship

Spiritual

**Being Aware of the Good Enough Engineering Concept**

**Knowing How Spot a Person Who is a Drain**

**Being Greedy**

HHH

Identifying a Habit

Forming a Habit

Haggling

Hair ?????

Haircuts and/or Hairstyles

**Feeling Happy**

**Feeling Unhappy**

**Feeling Horny (Sexually Aroused)**

**To feel that way it is imperative to have been stimulated by someone.**

**Harmonizing With Others**

**Collaborating**

**Harassing**

**Being Haughty**

**Being Healthy**

**Getting Sick**

Practicing Hedonism

Hesitating

Hoarding

Killing Someone

Though, as \_\_\_\_\_ says in his book, humans kill to eat.

Honesty

Institutional

Educational

Media

Personal

Societal

Hope

Hopelessness

**Being Hostile**

Suppressed anger is usually behind or at the core of a person who acts in a hostile manner.

**Programming Humans**

How many humans and how fast and in what way, is a great part of this entry.

**Being Funny**

Some people are naturally funny.

**Feeling Hyperconscious**

**Hypersensitivity**

Hypnosis

Hypocrisy



**Eating Ice Cream**

**Identifying Hypocritical Language**

Oral

or Written

Identifying

Opposites

Prefixes

Suffixes

Identifying

Patterns

Repressed Emotions

## **Imposing an Identity on Others**

After an individual's appearance, the second big thing that comes into play anytime humans interact is **the identity each individual has of themselves**. Every time two or more individuals interact, in subtle but clear ways each one automatically projects what they believe their identity is; and if only subconsciously, they look to see if others have accepted or rejected it. Simultaneously, **everyone also continuously gives or imposes the identity they have of each of the other individuals they are interacting with onto that individual**. Sometimes, the identity others give us is better than the one we have of ourselves.

Altering

Clarifying

Distorting

Imposing

Optimum

Rejecting

Idols

Idolizing

Ignorance

Ignoring

Ignoring

How Ignorant One Is

Illusions

Imagining

Imagining the Unimaginable

Immaturity

Immigrants

Crossing Over

Socio Economically

Impulsive Buying

Incentivizing

Incoherence  
Incompetence  
Inconsistency  
Incorrigible Individuals  
Independence, Personal  
Indigestion  
Individualism  
Individuating  
Inductive Reasoning  
Indoctrinating  
**Information**

**Compartmentalizing**

**Filtering**

**Sharing**

**Withholding**

Inhaling Secondhand Cigarette Smoke - 42,000 Americans are killed each year by

Committing an injustice -

Feeling insecure

Insensitivity

Insensitivity to

Hollywood Violence

Wanting instant gratification -

Reducing people's Intelligence

Increasing other's intelligence

Interrupting others

Interweaving lies with truths - This is a very common technique all types of people and groups use to slide in lies.

Intolerance

Intoxicating

Beverages

Concepts

Coworkers

Foods

Ideas

Individuals

Who Ask

For Directions

Leaders

Movies

Neighbors

Peers

Public Water

Strangers

Thoughts

Words

**Inventing words** - In 1978 eight percent of Americans did not read books, in 2014 around 25% of U.S. adults do not read books. What percent write, percent with a BA, with an MA, with a Ph.D.? Census Bureau?

**Inventing things** -

**Inverting Syllables or Word Order**

More than anything else, that action is a comedy technique which very few people are aware of and less people have ever done, but it is a way to have fun using our amazing language.

**Acting irresponsibly** - abcdefg

**Not accepting personal responsibility for one's actions** -

JJJ

**Wearing jewelry** - some cultures do that more than others.

**Telling jokes**

Though the rule is unofficial, teachers and other professionals are not permitted to tell jokes or make jokes, because telling or making the joke could hint at something that might be inappropriate or unwelcomed at the workplace.

Little

Much

Never

Often

**Journal writing**

Joy

Treadmilling

Jumping to conclusions

Eating junk food

# KKK

**Knowing anatomy**

Knowing the parts of one's body is bliss and it greatly improves how one lives more than people imagine.

**Knowing Oneself**

That is one of the most valuable and beneficial skills, but so few people come close to knowing themselves. In fact, knowing oneself is not a priority, but it is great to achieve it.

**Accumulating knowledge**

Different than accumulation money, that activity

# LLL

**Labeling GMO's**

Why is having food producers label GMO's not yet a law?

Language (Using)

Colloquial

Experimental

Explicit

Formal language

Hypocritical language

Informal language

Intimate language

Professional language

Simple language

Using vulgar language

Laughing

Laughing about things one cannot control - Doing that is very wise and healthy.

Leading others -

Leading oneself -

Learning what?

Leisure

Life Coaching

Knowing one's limits

Extending one's limits

**Using lipstick** - This action is so widespread (among women, of course)...

**Drinking liquor** - Prohibition did not work.

**Listening actively** -

**Listening to internet radio**

Conventional Radio

Music

Living

Living

Better

Worse

Living in the present

Living faster - has its advantages but also its disadvantages.

Looking up words (in a dictionary)

Loving -

**Loving a love object** -

Loving

Activities

Creating

Friends

Journaling

Learning

Language

Money

Oneself

One's Children

One's Occupation

Others

Parents

Playing (with others for fun)

**Reading**

Siblings

Sports

Teachers

**Thinking**

Words

**Working**

**Writing**

### **Lowering one's standards**

A button on a man's chest said, "If at first you don't succeed, lower your standards" (1990).

### **Lowering the standards of which activity or institution ?**

### **Finding the Lowest Common Denominator Between Two People**

**Lying** - ( see making false statements)

# **MMM**

### **Doing evil things** (being malevolent)

Committing an act of violence -

Manipulating (others) -

### **Mind mapping**

Encouraged to by the System's friends, businesses, schools, and because it empowers

### **Doing what with odors**

Processes

Thoughts

### **Marginalizing Others**

When left to their own devices and not prevented by an institution's rules, racist, ethnocentric, or simply selfish individuals and groups typically exclude anyone who in some way(s) is different than themselves.

**Marketing**

**Ethical**

**Predatory**

### **Letter M**

### **MASSAGING Oneself**

Though it is great to have a professional massage you, massaging yourself is also very beneficial.

### **Being MATURE**

Being MATERIALISTIC

### **Knowing the Difference Between Substance v Image**

## **Letter M**

**Eating MEAT**

**Being MEDIOCRE**

**Being EXCELLENT**

**Mentoring**

Mind Bombing

Mind Mapping

Misinforming

Misnaming

Mistaking

Mobile Devices

Moderating

Monitoring

Monopolizing Power

Monosodium Glutamate

(MSG) ingestion. Getting people to eat food to which MSG has been added makes them lose brain cells, become dumb; because some believe that every human seems to have traces of stupidity, more stupid; obese, and slow.

**Admiring Movie Stars**

**Moving Your Body**

Each time you move, you feel pleasure. And anytime you are doing one action but start doing another one, because the second action also gives you pleasure, as you continue doing the first action it will let you feel slightly less pleasure than you would feel if it were the only action you were focused on (emotionally involved in) doing.

The more you move, the better.

New York Times wellness writer Gretchen Reynolds implies that when an individual sits all day, sometimes in front of a screen, and has high-fat, high-calorie food readily available, he does not move, and makes himself fat and sick.

# NNN

**Nail Painting.** Have you seen one of the lately most popular nail paint colors? It is black or a deep blue or purple, and it is the color (I suppose) dead people's nails look. How \_\_\_\_\_ that the System would promote that color.

Negotiating. People most often negotiate about an item's price.

## **letter N**

### **Networking**

The controllers encourage networking among their accomplices, but discourages it among the public. [ nice parallel sentence ] The basic principle the controllers use to WHAT is “Divide and conquer”.

### **Noticing that certain individuals are damaged**

That action is

## **Letter E**

### **Being incrementally steered into doing EXTREME ACTIONS**

Too busy to notice them, this is one of the many questionable actions that are becoming widespread in society. The controllers do it to condition people and mold them into the type of individuals who will feel, think, and act in the ways the controllers know will benefit them. Remember that because with very few exceptions the interests of the controllers and the controlled are at opposite ends.

After the South Koreans, the Chinese, and those who live in certain other nations, Americans are one of the most controlled people.

## **letter G**

### **Knowing that some media disseminates Good News, not bad news**

**Happy News**

**Positive News**

**Edifying News**

Biased

Factual

False

Honest

Strategic

Unbiased

Useful

Useless

Nomen Omen

**Not Making EXCUSES**

**Being NON-THREATENING**

**Communicating NONVERBALLY**

**Considering Walk Around NUDE IN PUBLIC**

Have you ever wanted to do that? It's impossible to know how many people have, but let's suppose many at least thought about it.

000

**Being OBES**

**Obeying WHO?**

When we focus on the act of obeying, the question arises, obeying who?

Letter O

**Being Aware of How Useful it is to Notice OPPOSITES**

**Being Optimistic**

**Being Original**

**Buying ORGANIC FOODS**

**Identifying** \_\_\_\_\_

**Naming** \_\_\_\_\_

**Speaking**

Very few people are clinically dumb, they do not speak.

**letter P**

**Feeling at PEACE**

**Perfecting one's actions**

**Perfecting things -**

**Taking personal responsibility**

**Getting psychotherapy -**

Being pessimistic

**Keeping One's Possessions in Order**

**Keeping Each Thing in Its Place**

**Overworking**

Being a workaholic is common in the U.S. and perhaps other post-industrialized nations. That is not the case in smaller nations or other cultures.

P

**Using painkillers**

**Being Patriotic**

Americans who live in \_\_\_\_\_ are more patriotic than those who live in cities.

**Being Afraid to Call the Police**

To be effective, the police need to get the public to fear the police. As far as I know, the NYPD is the best in the world. Is it the largest police force in the USA? China, India, and the U.S. have the world's largest police forces. The NYPD is the biggest police force in the country, with over [34,000 uniformed officers](#) patrolling New York's streets, and 17,000 employees. In 2013, its proposed budget was \$4.6 billion (almost 15 % of NYC's budget). The U.N. estimates that in globally there are 300 police officers for each 100,000 civilians. The Vatican has 15,439 police officers, and the highest ratio, about 1 police officer for each 7 civilians.

Whatever the number of police officers, in some nations or jurisdictions the police are more trusted, liked, and even loved, but distrusted, feared, in others. Unlike the consensus in New York City, which has one of the best trained police force anywhere, in some places people are afraid to call the police.

**Detecting or Identifying PATTERNS**

There are a plethora of types of patterns, but some people are talented or skilled at detecting them.

Being subject to Pavlovian conditioning -

Being optimistic -

Being foolish -

Getting physical Therapy

**Eating pizza** - Though eating pizza is not healthy, every year more people are eating pizza.

**Playing dumb**

**Playing stupid**

## **Pretending**

### **Faking it**

The it could be: \_\_\_\_\_, \_\_\_\_\_, [ what is the it? ]

## **Planning**

### **Playing WHAT ?**

#### **Playing a musical instrument**

aaa

#### **Feeling pleasure**

#### **Attempting to feel more pleasure more often**

That action appears to be automatic, and while everyone wants to feel happy, perhaps only a few people stop to figure out ways to feel not only happy, but to also feel more pleasure more often, and feel different types of pleasure. For most people, sex is the greatest pleasure. Eating is also one of the greatest pleasures. Showering or bathing is a big pleasure. Receiving a compliment. Farting. Urinating is something like an orgasm. Shitting. Exercising. Exerting power. Winning a contest. Accomplishing something. Completing a task. Reading. Writing. A good night's rest. Remembering a past event. Feeling warmth in the winter.

#### **Feeling pain**

If we did not feel pain we would not know that we need to stop doing something, or that something in our body is not working correctly.

# **PPP**

## **Playing Mind Games**

Humans have likely been manipulating their fellows since time immemorial, but it wasn't till Eric Burne, a psychiatrist (who later became a major in the U.S. Army) self-published "Mind-Games" in 1964 that people started realizing that everyone regularly plays mind games. Though the book was written for professional psychotherapists, it became a New York Times bestseller, made its author famous, inspired the 1968 hit song "Games People Play" by Joe South which won the Grammy Award for Best Contemporary Song in 1968, ignited the self-help book explosion, and is considered the first modern self-help book. In the U.S. 1.4 million copies of

self-help books were sold in 2013; in 2019 4.3 million self-help books were sold. Two of the first self-help books are the Ancient Egyptian “Codes” of conduct, and “The Bible”.

Defying logic, more individuals than is generally known reason irrationally sometimes, and let their emotions control many of their actions, reactions, and they wind up doing stupid things which naturally hurt themselves and others.

The foregoing might be why so many people find it indispensable to play mind games, and also lie to people in order to counteract some people’s irrational and/or stupid behaviors. The problem, challenge, and opportunity are that some individuals play mind games and lie to take advantage of innocent people.

### **Watching Pornography**

#### **Concealing or Downplaying One’s power -**

**Poweralking** - Some people do it intentionally, others do it automatically.

#### **Exerting Power -**

#### **Using Spellcheckers**

#### **Using a Power Object**

#### **Feeling Powerless**

#### **Praying**

Praying works.

**Being Precise** - Some individuals, some cultures, and people in or from different nations are more precise (than others).

#### **Being Specific**

### **Maximizing Predictability**

#### **Preventing Pregnancy**

The most common way to prevent pregnancy is by using contraceptives, but keeping your legs closed and your pants on are the 100% effective ways.

#### **Letter C**

#### **Using Contraceptives**

People in poor nations need them most, but use them less. Maybe they cost too much?

#### **Being prejudiced**

Discriminating against others ...

#### **Being Aware of PAC**

Parent, Adult, Child ( Eric Burne - Games People Play )

**Engaging in Premarital Sex**

**Fornicating**

**Committing Adultery**

**Realizing Romance is a Business Transaction**

Most people do not know that in reality romance is a business transaction where both parties work to achieve their own goals. Because humans cannot reproduce themselves by themselves, they are obligated to find a person of the opposite gender to procreate a child together. GAME OVER T-shirt... = good start.

**Pretending**

Pretending is widespread. It shouldn't be.

**Feeling Proud**

aaaa

**Prioritizing**

**Respecting Other's Privacy**

**Invading Other's Privacy**

**Privatizing**

**Privatizing Law Enforcement**

**Procrastinating**

**Getting Professional Development**

[ Profit Motive ???? Can I make that an action? ]

**Doing Progressive Muscle Relaxation**

Promiscuity

Propaganda

**Pronouncing Correctly**

**Letter B**

**Being Prudent**

**Letter R**

**Reading**

**Getting Psychotherapy**

**Displaying Affection Publicly**

Latinos do that.

**Being Punctual**

Pursuing happiness -

# QQQ

**Controlling the quality of One's Mate**

**Controlling the Quality of One's Friends**

**Filtering People Out of One's Life**

# RRR

**Letter E**

**Upgrading One's Expectations**

**Raising One's Standards**

**Lowering One's Standards**

( to get laid, for example )

**Ranking — What things?**

**Participating in a Rap Session**

**Participating in Group Therapy -**

Rapport

Rat Racing

Rating WHAT?

Rational Actions

Reacting Rationally

**Realtime Journaling -**

**Having Realistic Expectations**

**Reasoning**

**Practicing Deductive Reasoning**

**Practicing Inductive Reasoning-**

Recording Events -

Reforming what, where, why, and how

Reinventing oneself

Other Things

Relationships

Cultivating

Sweetening

Relaxing One's Muscles

Progressively

**Observing methodically**

Being Reliable

Reneging

Repeating Errors

Reproducing Oneself

Reporting offensive behaviors

Researching

**Respecting others**

**Taking responsibility** for XYZ -

Personal

Social

Resting

Revising history - The powerful do this regularly in \_\_\_\_\_, at times shameless, ways.

Being a role model -

Engaging in a romance -

Following the rules -

Feeling sympathy -

**Feeling empathy** -

**Feeling apathy** -

**Running** -

**Rushing** -

# SSS

[ IN THIS HANDBOOK,

EXCLUDE ANY MENTION OF HOMOSEXUALITY ]

**Being sarcastic** -

Satisfaction

**Suppressing satisfaction** -

**Saving the masses** - interesting action usually kept only at the level of an idea.

Experiencing scarcity

**Creation**

**Scheduling** - Some people are better than others at this crucial time-management skill.

Reading science fiction -

**Applying the scientific method** -

**Searching for Beauty** - I do it incessantly.

Being secretive

**Censoring oneself** - Chomsky called that action "self-censorship".

Concept

Controlling oneself -

Deceiving others

Deceiving oneself -

Degrading others

Degrading oneself HOW?

Deluding oneself -

Improving oneself -

Self Fulfilling Prophecies ??? *how can I make that an action???*

**Being selfish**

Sensitizing / Desensitizing

Sensory Deprivation = *action? HOW?*

Serendipity

**Setting Limits On Others**

**Power Talking, HUM**

**Sharing Things**

**Shaving One's Hair**

**Simplifying**

**Singing**

**Sleeping**

**Slouching**

**Being a Slacker**

**Small Talking** Engaging in small talk Is basic to connect with someone, specially someone one just met.

### **Flattering**

It is Impossible to know whether the flattering is being done disinterestedly or to manipulate.

, abcdefg...

### **Smiling**

When an individual smiles he uses

### **Smoking Cigarettes**

### **Socializing**

### **Drinking Soda**

Solitude

Song Lyric Analysis

Speaking

Loud and Clear

Publicly

Speeding

Speedups at Work

Spinning ( Promoting )

Being spontaneous - Children are far more spontaneous than adults.

Identifying Correlations - is very helpful

### **Spying** - we all do it

Stagnating - not good

Stalling - unappreciated, detrimental, strategic.

Standing / Sitting Erect - Instantly improves your health.

Stealing - BAD

Strategic Planning

Summarizing - **A college skill, a sign of intelligence and being considerate.**

### **Being considerate** -

### **Being respectful** -

Being deferent -

**Stress** ( Experiencing )

**Stretching** - Is very healthy.

Studying the Bible - Good move. Contrary to what preachers say, The Bible is not the word of God, it is what some men wrote. And though The Bible has a

questionable history, it does have some very helpful wisdom.

**Feeling stupid -**

**Feeling horny -**

**Feeling energetic -**

## **Being Aware of Subliminal Messages**

Disseminating

Perceiving

Substance v. Image

**Summarizing**

**Doing Things Under the Sunlight**

- Very wise.

Sunlit Activity

**Surfing the Web**

**Suspecting**

Swimming - This excellent “exercise exercises every muscle in the body, except the tongue,” some say.

**TTT**

## **Taboos**

**Accepting**

**Questioning**

**Rejecting**

**Upholding**

Taboo ( Forbidden )

Actions

Thoughts

Topics

Words

Tact

**Taking advantage of others** - Among other differences between people, I see that there are two types of people, those who believe it is bad to take advantage of others, and those who believe it is the thing to do.

**Taking Regular Breaks** - This very helpful practice boosts performance by letting people recharge their energy and thoughts.

Taking Care of XYZ

Oneself - crucial

Others - crucial, such as one's children, parents, family members, other others, ha HA.

**Talking**

**to oneself SCHOPPENHAUR**

- is very helpful. I see that each person has at least two components or sides, left brain, right brain, conscious brain, subconscious brain, good side, bad side, whatever, we are more than one person.

**In-person**

**On the Telephone**

**Taking Things for Granted**

Tattoos

Teamwork

Teenage Pregnancy

**Watching Television**

Television Induced Hypnosis

**Texting**

**Using text-to-speech**

The Legal Right to the Truth - hot topic, how do I make it a human action ?

The Right to Know - ditto, the above.

**Thinking**

Critically

Irrationally

Rationally

**Thinking For Oneself**

**Thinking Freely**

**Thought Mapping - Thought maps are different than mind maps.** They are very helpful, but few draw them.

Thresholds

Thriving

Tolerating other's actions

**Touching ( or**

**Not Touching) - Some cultures do much more touching than others.**

Attending Town Hall meetings - Discouraged by the System.

**Playing with toys** - adults also do it, the mobile device is the most popular toy and power object. It was designed to control the masses and works flawlessly, billions are addicted to it.

Tracking

Actions

Activities

Contradictions

Diet

Emotions

Expressions

**Facial Expressions**

**Gestures**

Goal Attainment

Inconsistencies

One's Posture

Questionable Things

How One Feels

Right Now

Traditions

**Breaking**

**Questioning**

**Upholding**

Transparency

Financial

Governmental

Institutional

Personal

Societal

Transparentizing

Traveling

Treadmilling

Tricking

**Trusting** - Trust is the first basic thing people need to establish a relationship. With it, forget it.

Corporations

Dentists  
Doctors  
Family Members  
Friends  
Government  
Mate  
Media  
Medical Doctors  
Parents  
Pharmaceutical Industry  
Religious Organizations  
Schools / Universities  
Siblings  
Teachers

## UUU

**Udi Yama Banda** - Few know about it or do this extremely beneficial yoga exercise..

Believing UFOs exist

Believing God exists

Believing God does not exist - Do not write "I", as in "me", I have to be a third person type of writer in this manual.

Sending ulterior messages

Having ulterior motives

Uncensored Thinking

Dealing with uncertainty

**Under-living**

**Under-working**

**Over-working**

Being friendly - for a reason, always...

Being unfriendly - also always for a reason, to keep someone away.

Unhappy Individuals

Being unfair

Being greedy

Overeating

Uniformity

**Being unrealistic**

**Living unrealistically**

**Thinking and reasoning unrealistically -**

**Being unreliable** (unintentionally, or intentionally)

Being a useful fool - They almost never know they are a useful fool.

VVV

**Being nude in public -**

Taking a vacation

Veganism

**Vegetarianism**

**Verifying Facts**

**Playing video games**

Violence

Virtue

**Vocabulary**

**Correction**

**Containment**

**Expansion**

Improvement

Mapping

Optimizing

Purifying

**Volunteering**

**Voting**

**WWW**

**Walking**

Because women have larger hips, thighs, buttocks, and breasts, and men have wide shoulders, smaller hips, and smaller buttocks, each gender walks conspicuously differently.

**Watching Movies**

**Watching Television**

**Watching T.V. -**

**Television consumption**

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## Error! Filename not specified.

Television consumption is a major part of [media consumption](#) in [Western culture](#). Similar to other high-consumption way of life, television watching is prompted by a quest for pleasure, escape, and "anesthesia." Extreme dependence on television is actually an addiction [\[citation needed\]](#) to the prepackaged forms through which pleasure, escape, and anesthesia can be conveniently attained.

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### Statistics

In the US, there is an estimated 119.9 million TV households in the TV season 2018/19.

In 2017, an average U.S. consumer spent 238 minutes (3h 58min) daily watching TV.<sup>[\[1\]](#)</sup>

According to a [Nielsen](#) report, United States adults are watching five hours and four minutes of television per day on average (35.5 h/week, slightly more than 77 days per year).<sup>[\[2\]](#)[\[3\]](#)</sup> Older people watch more (less than 50 h/week), younger people less (more than 20 h/week), both with a seasonal pattern that peaks in the winter months.<sup>[\[4\]](#)[\[5\]](#)</sup>

While overall media consumption continues to rise, live TV consumption was on the decline in 2016.<sup>[6]</sup>

In 2009 the numbers were generally lower but still amounted to 9 years in front of the screen for an average 65-year-old American (more than 4 h/day, 28 h/week). Given the 30% of local TV news broadcast time devoted to advertising, this results in 2 million TV commercials seen by the average person by age 65. An average child in the US will see 20,000 of 30-second TV commercials per year.<sup>[7]</sup> The time spent watching commercials is reduced when watching recorded TV.<sup>[8]</sup> It has even been surmised that due to media multitasking, TV commercials are largely ignored.<sup>[9]</sup>

## Change in consumption

With the growing effect of streaming sites and online television, there is an upward trend towards OTT (over-the-top) streaming sites, which causes a disruptive effect on cable television.<sup>[10]</sup> In 2013, 63% of the households in the United States have been using a video streaming and delivery service, and 22% of those households watch Netflix every week of the year. In English Canada, Netflix is owned by 25% of households, and that increases to 33% for households with teens. Having the ability to watch commercial-free episodes at any given time and however and wherever the consumer desires, Netflix is shifting the way viewers consume television to a more digitalized, online manner.<sup>[10]</sup>

## People Watching

### Watching Clouds

### Watching YouTube Videos

## Believing in White Supremacy

### Gaining Wisdom

Though having wisdom is priceless, and it is not possible to have someone take a test to determine how wise someone is

### Whistleblowing

### Whoremongering

The act of fucking whores

### Being Wordy

### Inventing Words

### Words

### Writing a diary

a Journal

Writing creatively

Writing in situ - advantageous

Writing in realtime - advantageous

Writing Aided Thinking (WAT) -

**Feeling worthless** - Though human beings are perfect, for different reasons and at different times, usually after something bad happens, I suppose ????? most people have at some time felt worthless. But the problem we live confronted by is that The System, by means of clever strategies, works diligently to make as many people as possible feel worthless. Why, I'll tell you... [ I felt catharsis after writing that ].

Feeling powerful -

Feeling powerless -

Writing to

Clarify Reality

Improve Thinking

Improve Performance

**Increasing one's self-efficacy**

That is an excellent, and for most people usually an attainable goal. How can one do that ?

-I-

**Improving One's Self-Concept**

Most people can improve their self-concept, but it seems few know that. Different things can distort one's self-concept. The key to improving it, along with one's identity, is identifying what those things are. One thing which distorts and quickly lowers an individual's self-concept is interacting with people who are toxic. Unhappy individuals who seem to consistently vent, or attempt to vent the deep anger they carry around by making others feel bad about themselves, bad in general, or finding other ways to even sometimes physically hurt them.

X

Y

Doing yoga

Yuppies

Z

**Supporting Zero Population Growth**

**( ZPG )**